

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00

Bus Hours of Operation:
Monday thru Friday
8:30 -3:00

COUNCIL ON AGING - SENIOR CENTER



169 Westford Rd • Tyngsborough, MA 01879

Mail Address: 25 Bryant Lane

E-mail: broche@tyngsboroughma.gov

Phone 978-649-9211, Fax 978-649-9533

councilonaging@tyngsboroughma.gov

News & Tyngs


JULY 2015



We have moved to the new Senior Center. Please come by for a tour and information. The more the merrier!

We are getting a new bus from the LRTA. This will be in addition to the existing bus. This will allow more rides and trips. We will dedicate one bus for medical appointments, 5 days a week. The other bus will be for social, shopping, special day trips, etc. also for 5 days a week. We could plan weekly trips to the mall and additional trips to the Christmas Tree Shop, etc. We could plan weekly trips to the beach in the summertime, go to Parker's Maple Barn in the fall, so many opportunities. Please let us know what other trips that you would be interested in. This should all be in service by August 1, 2015.

Here are the upcoming 'Special' Events:

- ♦ Thursday, July 16th at 8:30 – Senior/Veteran's Breakfast; sponsor TBD.
- ♦ Wednesday, July 22nd – "Beach Party" entertainment – enjoy beach songs with Kathy Rodger. 

REMINDER: It would be very much appreciated if you please remember to sign up for all events by the deadlines stated. It is unfair to those who have signed up if we do not have enough food for everyone!! Also, the sponsors need to plan accordingly. Thank you!

Now that we have moved, we will be adding Line Dancing on Monday's at 10:00 and we have changed the time of Exercise on Thursday's to 10:15.

Enjoy every day! Barbara.

"Service is a smile. It is an acknowledging wave, a reaching handshake, a friendly wink, and a warm hug. It's these simple acts that matter most, because the greatest service to a human soul has always been the kindness of recognition." – Richelle E. Goodrich

STAFF

Barbara Roche - Director
Tracy Pecora - Administrative Assistant
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver/Outreach
Phil Molleur - Bus Driver
Jerry Richall - Bus Driver

COUNCIL ON AGING

Robert McCarthy - Chairperson
Roger Downing - Vice Chair
Patricia Quinn - Secretary
Claire Downing
Charlene Muscato
Fred French
Maryjo Tatseos
Michael Knight
Mildred Poirier
Theresa Martineau

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

Tai Chi Exercises
Both Mind and Body
Instructor Lesley Mathews
Every Monday 9:00... Cost \$3.00

The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

MEXICAN TRAIN DOMINOES
Every Monday 10:00-11:30

BINGO
Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

NO EXERCISE CLASSES

The Month of July and August
Elaine will be back in September.

Have a nice summer vacation.

Wii TV BOWLING
Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards. Sign up two days in advance. 978-649-9211

LINE DANCING
Every Monday 10:00-11:00
Cost: \$3.00



Have you ever wanted to start Line Dancing? Well here's your chance! Get those boot scooting boogie boots on, and come on over and dance and meet new friends. Instructor: Marcella

Elder-Chair Yoga
Instructor Lynda Gambale
Every Wednesday 9:00...Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS
Every Friday 12:30-2:30
(Painting)
Every Tuesday 12:30 - 2:30
(Focus on Drawing)
Instructor: Michael Vieira
Cost \$5.00

BONE BUILDERS
Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-a week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles.

ZUMBA Gold Every Friday 10:30-11:15 Cost \$4.00	CRIBBAGE Every Tuesday 10:00 -12:00
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RUMMY CUBE
Every Friday 12:30-2:30

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for JULY

**Closed Friday
July 3rd for
Independence Day!**



ISSUES AND CONCERNS

Monday, July 6th, 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month.

LUNCH BUNCH

Wednesday, July, 8th 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus, call 3 days in advance 978-649-9211. Sign up by July 3rd.
"Weathervane"

Friends of the Council on Aging Annual Meeting

Monday, July 13th 1:00

The Friends of the Council on Aging is holding their Annual meeting at the Senior Center. Please bring your ideas, question, and thoughts for raising funds to support the many endeavors of our COA.

VETERAN/SENIOR BREAKFAST

Thursday, July 16th, 8:30

Food Sponsor: TBD

Speaker: "Julian Smith, Consumer Research & Programs Director for the Office of Consumer Affairs & Business Regulation" sign up by July 13th

Hawaiian Luau Beach Party

Wednesday, July 22nd at 11:00



Food TBD; Entertainment - Kathy Rodger
Aloha!! Hula on over. Pull out those Rockin' Hawaiian Shirts and your funky grass skirts!!
Come and join us at the Center for a sizzling Summer Luau. Sign up by July 17th

CHAIR MASSAGE

Wednesday, July 29th 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. If you want extra time you're more than welcome. Come relax!

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

NO - COA Board Meeting **July and August have a great summer!**

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build...because there is no place like home!!!

HELPING HAND PROGRAM

The helping Hand Program was founded in 1991 to help defray the high cost of durable medical equipment. This in-kind program provides free donated equipment, such as wheelchairs, canes, commodes, special walkers to those whom otherwise would not be able to afford it. For more information, please call (617.722.2230), email (ayershelpinghand@gmail.com) or visit the website.

SOCIAL SECURITY...

Typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at **1-800-772-1213** (TTY **1-800-325-0778** for deaf or hard-of-hearing) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday.

'Good Morning Tyngsborough'

In an effort to meet the needs of Senior citizens in the community, a program called "Good Morning Tyngsborough" has been established by the Tyngsborough Police Department.

Senior citizens or persons with disabilities are welcome to participate in the program. An application can be obtained at the police department or the senior center.

The program consists of a requirement to contact the Tyngsborough Police Department every morning prior to 11:00am. The members will "check-in" with the dispatcher to let us know that everything is okay. If the dispatch center doesn't receive an answer, an officer is sent to the residence. The officer will attempt to make contact with the member. If contact isn't made, the officer will obtain a key from a predetermined location and will enter the residence to check on the welfare of the member.

9-1-1 Silent Call Procedure

If you need to call 911 from a touch tone phone but are unable to speak for any reason, such as potential stroke, physical disability, domestic violence, home invasion, no access to TTY or a language barrier, dial 9-1-1 first, then Press 1 if you need **POLICE**; Press 2 if you need the **FIRE DEPARTMENT**; Press 3 if you need an **AMBULANCE**. Community members can follow the Silent Call Procedure steps and have the appropriate services sent to help. If you have any questions or would like more information please feel free to contact Police Chief R. Howe at 978-649-7504 or rhowe@tyngsboroughma.gov

BROWN BAG PROGRAM

Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have established an Elder Brown Bag Program. Eligible Elders will receive a free bag of groceries on the fourth Tuesday of each month. Brown bags will be distributed at Tyngsborough Council on Aging, 169 Westford Rd Tyngsborough. MUST have transportation to pick up the bags.

Each participant must register in advance & must be 60 yrs. or older and be low income.

For info call:

Laura Marsan (978-946-1303),

Dayna Brown (978-946-1368)

Applications are also available at the Tyngsborough Council on Aging. Call or stop by for the application. 978-649-9211

BENEFITS CHECKUP

Millions of seniors and adult with disabilities qualify but are not enrolled in programs that could help them pay for prescription drugs, medical care, food, or heat for the homes. Benefits Checkup is a free, confidential on line service to see if you qualify for benefits and take the first steps towards applying. Go to: www.benefitscheckup.org

JULY 2015

MON	TUES	WED	THURS	FRI
		1 9:00 Yoga 10:00 Walmart 10:30 Pheasant Lane 10:00 Bone Builders 11:30 LUNCH– Italian Pot Roast	2 10:00 Wii Bowling 11:30 LUNCH– Baked Alaskan Pollock No Exercise	3 CENTER CLOSED Independence Day 
6 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concern 11:00 Knitting Group 11:30 LUNCH– Peach Glazed Chicken	7 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Wellness Clinic 11:30 LUNCH –Turkey Salad 12:30 Bingo 12:30 Focus on Drawing No Exercise	8 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Stuffed Shells 11:30 Lunch Bunch “Weathervane”	9 10:00 Wii Bowling 11:30 LUNCH– Pineapple Glazed Pork Chops No Exercise	10 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Potato Crusted Fish 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
13  9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:00 Wizard Music 11:30 LUNCH–American Chop Suey 1:00 Knitting Group	14 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH– Sliced Turkey Breast 12:30 Bingo 12:30 Focus on Drawing No Exercise	15 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Macaroni & Cheese 	16  8:30 Veteran’s / Senior Breakfast 10:00 Wii Bowling 11:30 LUNCH– Baked Chicken Thigh No Exercise	17 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Vegetable Lasagna 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
20 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH– Sliced Pork Roast 1:00 Knitting Group	21 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH– Chicken w/Lemon Sauce 12:30 Bingo 12:30 Focus on Drawing No Exercise No COA Meeting	22 9:00 Yoga 10:00 Bone Builders 11:00 Hawaiian Luau Beach Party Entertainment: Kathy Rodger  11:30 MOW– Turkey Chili over	23 10:00 Wii Bowling 11:30 LUNCH– Mediterranean Meatloaf No Exercise	24 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Seafood Newburg 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
27 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH– Shepherd’s Pie w/Gravy 1:00 Knitting Group 	28 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH– Breaded Chicken Patty 12:30 Bingo 12:30 Focus on Drawing No Exercise	29 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Stuffed Pepper Casserole	30 10:00 Wii Bowling 11:30 LUNCH– Roasted Pork Loin No Exercise 	31 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW– Alaskan Pollock Picatta 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

REMINDER: NO MEDICAL ON TUESDAYS AND FRIDAYS.

To make an appointment for our bus, please call the Council on Aging office at 978-649-9211. Our bus hours are 9:00AM-3:00PM. Please call before noon, at least 2 days in advance. Thank you.

The Tyngsborough COA bus will be taking passengers for Bloodwork and Prescription pick ups on Wednesdays.

The Tyngsborough COA bus still takes passengers for medical appointments on Thursdays (except Harvard).

Tyngsborough medical bus hours will run from 9:00-2:00. Please plan your appointments accordingly.

SHOPPING: Road Runner has a 3 bag limit policy. As you know we have allowed for 4 canvas bags, please add a colored ribbon to your bags. This will help the driver to identify which bags belong together (plastic bags roll around!). Please be respectful of your fellow passengers and follow the rules. Passengers are allowed to bring a personal grocery cart to transport their bags and are allowed to use the lift to board their personal cart onto the bus.

Drivers are not allowed to enter your home to bring bags in. They can only bring them to your door step. You must bring your own bags into your home. Drivers should not be entering your home, for any reason, at anytime.

Bus drivers are not allowed to wait for you while you are at your appointment. Please call the office when you are ready for pick up. Thank you.

REGULAR PROGRAMS AT THE CENTER IN JULY

Monday.....

Tai Chi	9:00-10:00
Line Dancing	10:00-11:00
Mexican Train Dominoes	10:00-1:00
Silver Knitters	11:00-1:00

Tuesday.....

Wellness Clinic... July-7th	10:30-12:00
Cribbage	10:00-11:30
Exercise No Exercise July & Aug.	10:15-11:15
Bingo	12:30-2:30

Wednesday.....

Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... July - 29th	11:00-12:00
Podiatrist... Aug -19	12:00-1:15

Thursday.....

Wii Bowling	10:00-11:30
Exercise No Exercise July & Aug.	10:15-11:15

Friday.....

Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Rummy Cube	12:00-2:30
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance
BEFORE 11:00 AM call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

OFF-SITE BUS TRIPS Pick up times.

- *Food Shopping/Wal-Mart : **Friday Mornings** first run.. P/U starts at 9:30am Need more riders for a second run.
- *T.J Max Plaza, Fantastic Sam's **Every Tuesday** pick up starts 9:45AM -11:45am

(Special Trips) Off site

- *Wal-Mart, **Wed. July 1st, 10:00-12:00**
- *Pheasant Lane Mall, **Wed. July 1st, 10:30 – 12:30**
- *Lunch Bunch, **Wed. July 8th 11:30 - 1:15**

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC Tyngsborough Council on Aging 180 Lakeview Ave 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc..

- ♦ Tuesday, July 7th 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ♦ **Podiatrist.** New England Foot & Ankle will be at the Center August 19th 12:00– 1:30 First come first served. Please call the Center and let us know you are coming. Their growth in the community is a direct result of the caring and personal treatment they give to patients. Fee \$25.00

WELLNESS CLINIC at ELDERLY HOUSING Nancy Harding, RN, from the *Circle Home, Inc.*

- ♦ Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- ♦ Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car." Also ask about the Yellow Dot Program. 978-649-9211.

CLASSIFIED SECTION

DONATIONS NEEDED:

- * Morning Pastries
- * Cold Cups & Hot Cups - 8 oz.
- * Sm/Lg Paper Plates, and Bowls
- * Plain Napkins.
- * Wide Fancy Spring & Summer Ribbon
- * Lg Gift Baskets for Raffles

"Thank You! for all who have donated in the month of June"!

UPCOMING in AUGUST

"Senator Donoghue's Party" - TBD

Senior Breakfast

Thursday, August 20th at 8:30

Sponsor is the TBD; Speaker: Kathy Devine, Outreach Coordinator from the Prescription Advantage Program of the Executive Office of Elder Affairs.

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and other events at the Center.

If you wish to donate please make check to:

**Council on Aging, Senior Gift and Donation
25 Bryant Lane, Tyngsborough MA, 01879**

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fees effected July 1st 2015 will be \$10.00. If you wish to become a member or make a donation you can find the address below.

Thanks to all of our **June 2015** Donors.

**The Friends of the Council on Aging
P.O. Box 415, Tyngsborough MA, 01879**

Aging - Health News

Our elderly loved ones need a little extra TLC during the hot summer months. Find out why dehydration increases with age and get valuable tips on keeping your favorite senior hydrated.

4 Ways to Prevent Elderly Dehydration



Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure. Proper hydration helps to keep the body and vitals regulated. The University of Chicago Medical Center found that 40% of heat-related fatalities in the U.S. were among people over 65.

What Can Cause Dehydration?

There are a number of reasons the elderly are so prone to dehydration:

1. The ability to notice changes in body temperature typically decreases with age.
2. As people get older, body water content decreases.
3. Many medications the elderly take make them more susceptible to dehydration.
4. The elderly often experience diminished thirst; which leads to a reduced fluid consumption.
5. With aging, the kidneys have a reduced ability to concentrate urine and retain water during water deprivation.
6. Specific conditions, such as reduced swallowing capacity, decreased mobility, comprehension and communication disorders, as well as, decreased mobility and/or incontinence can contribute to dehydration.

What Steps Can Be Taken To Prevent Dehydration?

Fluid intake is key. Families and caregivers need to be cognizant about risks and plan ahead to make sure aging loved ones are properly hydrated. Here are some tips to help encourage fluid consumption and reduce the risk of elderly dehydration:

1. Offer fluids on a regular basis throughout the day.
2. Encourage 8 oz. of fluid intake every time the senior takes medication.
3. Keep water bottles and/or a water cooler available throughout the day wherever the senior is (for example, in bed, on the patio, throughout the house or at the senior living community).

